



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Gerfried Schaper

Number: 334

Course: 8.70 km

8,7 km - Lauf

Category:

Senioren M70 (70-74)

Total time: 57:15

Speed: 8.38 km/h

Running performance: 6:34 min/km

Rank in course/Total: 85 (of 124)

Rank in course/Men: 58 (of 69)

Best time in course: 30:04

Rank in category: 2(of 4)

Best time in the category: 53:23

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Abzweig Tännental	4.00	27:14	6:48	2	1:20	58	12:46	4.00	27:14	6:48	2	1:20	58	12:46
Ilseburg/Markt	4.70	30:01	6:23	2	2:32	60	14:25	8.70	57:15	6:34	2	3:52	58	27:11